SACWN Inc.

SACRAMENTO AREA COMMUNITY WOMEN'S NETWORK

February/March 2004
Volume 35

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SACWN Valentine's Dance

Saturday, February 7th
2003 Howe Ave.
Music by *Mercy Me*
(This group rocks!)

7 pm to 11 pm
Tickets are:
$25 for SACWN members
$30 for non-members

To receive your dance ticket(s) along with a redeemable drink ticket!

Make your check out to SACWN.

Send to:

SACWN, PO Box 19036, Sacramento, CA 95819-0036.

$30 at the door

$33 at Open Book

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"With a little Help from Our Friends"

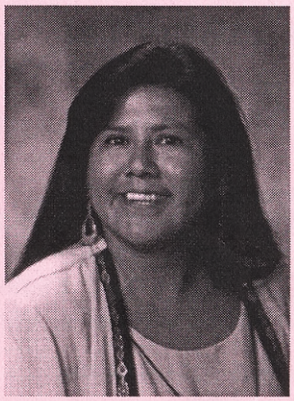
Requesting Volunteers!

SACWN could use some helping hands.

The next event that volunteers could help out with is our upcoming Valentine's Ball on Saturday, Feb. 7th at the Sacramento Realtors Hall.

If anyone could spare a little of their time to help this event run smoothly, please contact:
Heidi at 916-454-3595 and leave a message with your contact number and what position(s) you're interested in, or E-mail her at:
libra8it@hotmail.com

Donna Begay
9th Assembly Democratic Candidate
(Greater Sacramento Area)
Running in the
March 2004 Primary Elections



http://www.navatech.org

Donna came to our Social at the Liquid Bar and Grill on December 12th and impressed a number of us.

Here are some of Donna's responses in abbreviated form to the Stonewall Democratic Club Questionnaire:

Q: What is your opinion about same sex couples having the legal right to marry?
A: I support same sex marriages.
Q: Does the Domestic Partner Benefits currently offered by the State of California need to be expanded further?
A: Yes. In talking with members of the Gay, Lesbian, Bi-sexual and Transgender community, most are adjusting to the option of registering as a domestic partner. If anything, there needs to be more AB 205 related education and outreach to the GLBT community.

THE SACWN MISSION

SACWN's mission is to provide lesbians with social activities in a safe environment, a supportive network, and resources to link our diverse community.

PO Box 19036
Sacramento, CA 95819-0036
916-451-8034
SACWN1@aol.com
Website: www.sacwn.com

STEERING COMMITTEE

MEMBERSHIP COMMITTEE
Nancy

NEWSLETTER AND WEBSITE COMMITTEE
Sharon J.

SIG COORDINATOR
Sharon S.

VOLUNTEER COORDINATOR
Heidi

TREASURER
Cindy

CHARITY ADVISOR
Mary Lou

LOGISTICAL SUPPORT
Colleen

MARKETING/SPECIAL PROJECTS
Kelli

EVENT COORDINATOR
Nan

This newsletter is entirely dependent on volunteers.

In order to be included in the next newsletter, material must arrive in our mailbox or at my e-mail address by the tenth of the odd months of the year. (sharonju@sbcglobal.net). We encourage submissions (e.g. Letters to the Editor, news items, photos, etc.) Please type submissions and include your name and phone number for verification. Submissions by E-mail are especially encouraged.

FREE ADS: This section is for selling things of a personal nature, advertising for a roommate or finding a lost love. These ads are FREE to SACWN members who are advertising for personal use (no business advertising in this section).

BUSINESS ADS: Camera-ready ads are $60 per business card size. Ads must be prepaid. Ads are based on 12-month/six issues per year. For more info, please contact Sharon J.

CONFIDENTIALITY: SACWN takes the following precautions to insure the privacy of its members:

1. The mailing list is never sold or lent to anyone--even other women's groups or inquiring lesbians.

2. The newsletter is always sent first class, rather than at the cheaper bulk rate. We will send the newsletter electronically rather than by mail to those who request it.

3. Each newsletter is addressed to a specific subscriber, not to a "resident" or "household".

4. Newsletters are not sent to individual men.

~~Women who want to participate in the operation of SACWN are encouraged to contact any of the committee coordinators listed at the left.

Invitation to SACWN General Meeting

We have a General Meeting followed by a Steering Committee meeting on the first Thursday of every month (February 5, March 4, April 1). We meet at the Lambda Center located at 1927 L St. Our meetings start at 7 PM. Come and find out what's going on and give your ideas and input to help our organization become stronger and continue to be a reflection of our members' interests.

Your input is important to us. If you have suggestions but can't be at the meetings, send an E-mail to SACWN1@aol.com with your ideas.

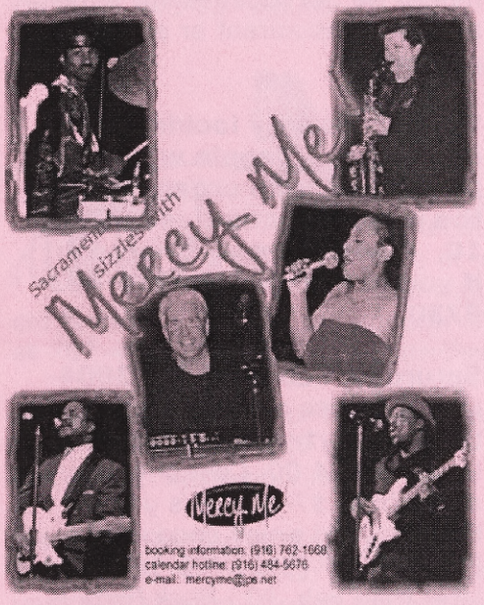
SACWN Valentine's Dance

Saturday, February 7th

2003 Howe Ave.
(across from K-Mart)

Music by Mercy Me
This group rocks!

7:00 pm - 11:00 pm
SACWN members:
Remember to order your tickets through the mail and receive 1 free drink ticket per person.
Good toward any liquid refreshment at the dance.



Here's some information from Mercy Me's web site (www.mercymeband.com):

Sacramento's premier R&B/Funk band, *Mercy Me!* received their first SAMMIE for 2002 in the category of "Outstanding Cover/Bar Band", sponsored by the Sacramento News & Review. In 1999, *Mercy Me!* celebrated the release of their debut CD " Sooner of Later " with rave reviews.

In their 8th year, *Mercy Me!* has been performing selections by legendary artists and original music in the capitol city, Folsom, the Bay Area and Lake Tahoe for both formal and casual engagements. They were the opening acts for such legendary performers as The Isley Brothers in July of 1997, Al Wilson of "Show & Tell" fame, and for Tower of Power in 2003.

Mercy Me! has entertained at various fund raisers, and has also received airplay of their CD on local "old school" radio stations. They are a band worth listening to and pride themselves on being an ethically diverse band.

Mercy Me!'s years of talent and expertise are combined to form a unique and exciting band pleasing a wide fan base gaining new fans everywhere they perform!

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The Butterfly Effect

In 1960, Edward Lorenz, a research meteorologist at MIT, created an incredibly accurate computer program designed to model the weather. Then, one day, Lorenz took a short-cut, rounding off a decimal point. But this tiny change made a huge difference. The popular notion was that if you barely change a cause, you'll barely alter the outcome. In fact, Lorenz saw that a tiny change could drastically affect the weather. The name for this phenomenon is called "the butterfly effect", that is, tiny changes brought about by a butterfly moving its wings in San Francisco can transform the weather in Shanghai. Even a subtle change in our thinking can have a butterfly effect on our lives. Lift your thinking just a little higher, and the outcome will be greater beyond your power to predict.

Special Interest Groups (SIGS)

Do you have an idea for a new special interest group

and don't know how to get started? SACWN's SIG Coordinator, Sharon S., will be happy to help you start your group. She will help you write your flyers, list you in SACWN's newsletter and help you find a place to hold your meetings. Just e-mail her at: sharon5248@aol.com.

Lavender Mist Group

Lavender mist is for Northern California Lesbian Singles over 40. Connecting body, mind and spirit to share and begin each new day in kindness. Let us share our daily adventures with one another in a peaceful, non-threatening environment. Contact: lavendermist@sngroups.com or Sharon5248@aol.com

W.O.W. - Womyn on Wednesdays

This is a women's discussion group that meets weekly at the Lambda Center (1927 L Street) at 7 PM. We have topics that are of interest to our members such as safe sex, the role of women in the media, and body image. Also, there are game nights, movie nights, and field trips. And the third week of the month there is a potluck. It is a great place to meet other lesbians in the area and make lasting friendships.
Feel free to contact one of our facilitators: E-mail us at: ourfamily916@msn.com or check us out on the web: http://lambdasac.org/wow/wow_index101703.html

Couples Dinner Group

The Lesbian Couples Dinner Group formed in the summer of 2003. We have a great time sharing good food, good conversation and friendship.

We have approximately 11 couples that meet on a monthly basis at different local restaurants or a couple's home. We are always open for suggestions as to restaurants or activities. Hopefully we will be taking a day trip in the summer to Thunder Valley for a day of play, food and fun.

The next Couples dinner is going to be January 17. Place to be announced. Please contact jazlady88@hotmail.com for more information or questions. Hope to see you soon!

All lesbian couples are welcome to join us for dinner or whatever activity we are having. We meet once a month at a local restaurant to enjoy good food, good friends and good conversation.

Seasoned Singles (SS)

Seasoned Singles is for single women over the age of 50 who live in the greater Sacramento area. For more information contact Shirley H. @ 916-564-9814 or E-mail seasonedsingles@earthlink.net.

Seasoned Singles - Upcoming Activities

Sunday, January 31st is the Lambda Players Production of *Cinderella, a True Story*. It will be at the 24th Street Theatre. Mary S. is coordinating the activity. For details and to RSVP call 916-395-4147.

Top 10

Top 10 is for women over fifty and for women who love women over fifty. This group is for **both singles and couples**. Each month we get together for a meal at a local restaurant or at home pot lucks.

We're presently looking for one or more people who would be interested in organizing the monthly activities for Top 10. Please contact Sharon J. if you're interested. 916-483-8730.

Saturday, February 21. 2004- Leta & Denise are hosting lunch at the *Back Forty* - Texas Barbecue. Lunch is at 4:00. Cost of meals range from $7-14. Let's get together and enjoy good food. Please RSVP (916) 408-1617 no later than Feb. 20. *Back Forty* is located at 1201 Orlando Ave in Roseville. It's off of I-80. Take Roseville/Riverside Ave. exit. Take the Auburn Blvd. ramp and merge onto Orlando Ave.

Sunday, March 14, 2004 - Paula and Sharon will be having their traditional St. Patrick's Day potluck. The events will start at 3:00. They will supply the corn beef and cabbage and everyone is asked to bring a side dish along with drinks for themselves. Please RSVP 967-0560. You'll be given directions at that time.

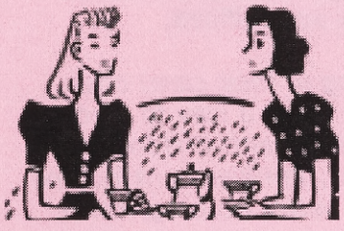
(continued from page 4)

Seasoned Singles - *On Going Activities*

Impromptu Group: Contact Barbara T., at 422-0142 or Windrowtsr@aol.com. Anyone on the Impromptu E-mail list can contact other women on that list to invite them to an activity on an impromptu basis.

Poetry: For information about poetic venues and literary spaces contact Rama at 916-428-7227 or 428-7224 or Djerma@aol.com

Poker on the 2nd Friday of each month. Contact De D. at 916-927-3304.



Lunch, anyone? Annie and Beth are interested in meeting others who enjoy fine cuisine for lunch any day of the week, including weekends. If you have a place in mind that you've been waiting to try or an old favorite you can't get enough of, let Annie know at 707-451-2541 or CoonHollow@aol.com

Women's Music - For concert information contact Mary at 916-395-4147 or E-mail MaryStoschke@webtv.net

Harness Racing at Cal Expo -
Judy P. has information about harness racing. If you're interested, please contact her - E-mail jmpete@sbcglobal.net.

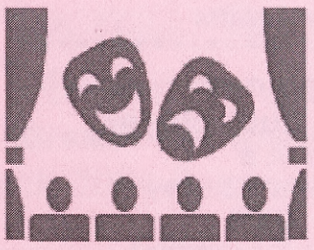
Movie Group - Joy has offered to organize groups to go to the movies. She's most interested in attending movies at the Crest and Tower, but will consider other theaters too. Contact her at 707-449-9543 or JFisher979@aol.com

MORE SIGS THROUGH SACWN

Smart Women Talk - This is a gathering for women to meet and discuss various topics. If you're interested, contact Jazlady88@juno.com.

Arts and Entertainment

From local activities such as the Second Saturday Art Walk to a show in the Bay Area, we enjoy a variety of entertainment. It's great fun and you can reconnect with old friends and meet new ones. If you are interested in participating in or coordinating an event, contact Sharon J. To have the latest updates sent to you by E-mail, just send your E-mail address to: sharonju@sbcglobal.net and indicate your desire to be on the A&E E-mail list.



Half-Fast Hiking Group

This is a well-organized, friendly group of serious hikers who know how to have fun. We are in our sixth successful year of day-hiking with hikes scheduled once per month all year long. We walk at a comfortable pace and usually average about five miles round trip on hikes that are rated "easy" to "moderate". All new-comers will receive a warm welcome!

We are presently looking for a new leader for this group. If you're interested please contact Linda at 452-5806.

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SACWN's Newsletter Is Going Electronic!

Begin receiving your newsletter in your E-mail. Just send your name, address and e-mail address to SACWN at: SACWN1@aol.com. Then we can begin sending the E-newsletter.

You will receive your newsletter right in your E-mail as a PDF. If you have Adobe Reader, you can open it. If you don't, you can go to our web site: www.sacwn.com and download it from there. For those who don't have access to E-mail, we will also be sending out the paper form of the newsletter.

So help SACWN save trees and save money. Sign up for your E-newsletter today!

SACWN Calendar and More

What's Happening In Our Community!

SACWN Valentine's Day Dance
February 7
See page 3 for details

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Mary Youngblood
Native American flute player
Performing at a
Fund raiser for Donna Begay
January 29, 2004
(see enclosed flyer for details)

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Want to know what else is happening in the area?
Check out these groups.

D.O.T.: Long time local organization for couples and singles. Age range averaging between 35 and 55 years of age. Contact person is Vickie at dejavu 95821@earthlink.net

If the Shoe Fits (ITSF): An organization in the Placerville/El Dorado area that is very active. They have a monthly newsletter with their latest activities. E-mail - shoes2u@hotmail.com or PO Box 295, El Dorado, CA 95623.

River City Bowlers: Sacramento's only Gay and Lesbian Bowling League. Winter League begins September 7, 2003. Contact person is Tom Lane - 916-635-1535.

Camping Women: This group is built on the premise that women share equally the joys, privileges and responsibilities of the outdoor experience and thereby realize their own potential and ability to live comfortably in the out-of-doors. The National office web site is: www.campingwomen.org

For local information e-mail Sharon: shtaylor@dfg.ca.gov

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We hope you made it to our SACWN Social on December 12th at the Liquid Bar and Grill.

Everyone seemed to be having a great time. We really loved the Lesbian Trivia quiz.

We'd like to thank Sharon S. for doing such a great job of organizing our Social. Also, thanks to Nan and Cindy for coming up with those great trivia questions.

This event was such a success that SACWN plans on making it a regular event. Watch for the next social.

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Heifer International

From the web site: http://www.heifer.org/
Commentary by Sharon J.

I have personally donated a number of animals in the name of family and friends to Heifer International. During the holidays is a time of celebration and giving. And our thoughts turn to world peace. By contributing to Heifer International, I feel that I am helping to bring the world closer to peace through helping individuals become more self-sufficient and fulfilled.

"Heifer animals (and training in their care) offer hungry families around the world a way to feed themselves and become self-reliant. Children receive nutritious milk or eggs; families earn income for school, health care and better housing; communities go beyond meeting immediate needs to fulfilling dreams. Farmers learn sustainable, environmentally sound agricultural techniques."

Forbes Names Heifer "Gold Star Charity"

Here's another great reason to make Heifer your nonprofit of choice: Forbes magazine just named us as one of 10 "Gold Star Charities" - its annual list of organizations that achieve the highest impact from donors' gifts.

You can donate a heifer, water buffalo, llama, goat, pig, sheep, honeybees with a hive, chicks, ducks, or geese. Heifer International also provides seedlings, trees and shrubs along with training in agroforestry.

This child's family received a goat. The parents get training and participate in workshops where they learn how to best utilize the resources a goat has to offer.

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It is one of the most beautiful compensations of this life that no person can sincerely try to help another without helping her/himself., Ralph Waldo Emerson
(edited for socially correct gender)

Donna Begay

Democratic Candidate for
9th Assembly District
(Greater Sacramento Area)
March 2004 Primary Election

Advocate for "Healthier Communities"

Music Show
Thursday, January 29, 2004
6:00 – 8:00 pm

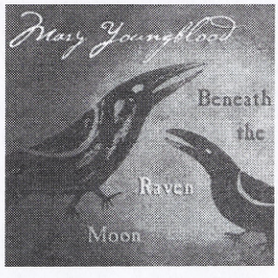
Club 21

1119 21st Street

Cost $100 Patron, $50 Sponsor, $25 Friend
Appetizers will be provided

Performing at this event

"2003 Grammy Award Artist"
Mary Youngblood



"Best Native American Album"
Beneath the Raven Moon

Sponsored by Artworks 21 and Georgia Rye Jewelry

For more information or if you would like to assist with
or sponsor this event– call (916) 359-2706
www.friendsofdonna.com

Women's Music In Our Area
Taken from Pat Wood's website:
www.womenmusiciansontour.com

Feb 29, 2004 - **Cris Williamson**
The Blue Heron, Duncan Mills, CA (707)865-9135
http://www.criswilliamson.com/

A brilliant composer and lyricist" -- The Boston Globe;
A voice "like honey on a cello" -- Bonnie Raitt

Feb 2, 2004 - **Cheryl Wheeler**
Palms Playhouse, Winter, CA (530)795-1825
http://www.cherylwheeler.com/

March 7, 2004 - **Women's Day Celebration**
Freight and Salvage, Berkeley (performers to be arranged) (510)548-1761

March 13, 2004 - **Barbara Higbie**
Freight and Salvage, Berkeley (510)548-1761
http://www.barbarahigbie.com/

March 20, 2004 - **Janis Ian**
Freight and Salvage, Berkeley, CA (510)548-1761
http://www.janisian.com/

March 25, 2004 - **Chris and Cassie Webster**
Freight and Salvage, Berkeley, CA (510)548-1761
http://www.hrmusic.com/reviews/cwdrev.html

March 26, 2004 - **Laurie Lewis**
Freight and Salvage, Berkeley, CA (510)548-1761
https://www.laurielewis.com/frame.html

April 20, 2004 - **Tret Fure and Judy Small**
The Blue Heron, Duncan Mills, CA (707)865-9135
http://www.tretfure.com/ &
http://www.judysmall.net/

News in 2003

Some Newsworthy Happenings You May Have Missed in 2003:

From Earthcode web site:
http://paulapeterson.com/

Designers took tiny, flexible optical fibers developed for high-energy physics experiments and wove them into ordinary fabric, added a power source that comes from an ordinary but tiny battery sewn into the cloth - and wa-la - illuminated fabric is now available for $330 per yard and is used for stage costumes, disco apparel, handbags, curtains and even pillows.

The fashion and high-tech industries (Motorola) created cool sunglasses that house a tiny digital camera lens (which peeks out from a pinhole opening above the right lens) as well as a miniature display inside the left lens for reading e-mail or looking up information on-line (so now when you think some one is looking at you through those dark lenses, they're actually reading their e-mail!).

After clinical analysis of over 150 casts of finger- and foot-prints, forensic experts say Bigfoot - the elusive, bipedal ape-man of mountainous North America - is real (he's actually a renegade Wookie from Star Wars).

Drink your hot cocoa (the pure stuff without sugar, please!) - it has far more antioxidants than red wine or green tea.

The car that runs on compressed air - with a secret articulated con-rod engine patent - is in production in Europe at Moteur Development International for markets in France, Spain, Colombia, Peru, Ecuador and Panama (oh, of course petroleum-dependent US is dragging its feet!). Runs only on air and emits cleaner air (Yes!).

The United States - backed by the European Union, Japan and Canada has turned back a bid by developing nations to place the Internet under the control of the United Nations (hoorah!) - (despite protests by Vietnam and China, which pushed for more restrictions). But governments, the private sector and others will be asked to establish a mechanism under United Nations auspices to study the governance of the Internet and make recommendations by 2005 (a good one to keep a close eye on, since the internet seems to be our last frontier of free speech).

Face transplants are now available in Britain. Surgeons insist the procedure - which involves transplanting an entire face from a corpse to a living person - will only be available for patients with the most severe facial disfigurements -- and not as a cosmetic vanity treatment (oh sure). Those who can pay millions of dollars could end up fighting over the faces of Tom Cruise or Nicole Kidman when they die (eee-uuuuu).

Micro fuel cells - which run on hydrogen or methanol - are now being produced in Japan for cell phones and will be ready for the public by late next year. Look for them to also show up as expensive add-ons for high-end lap tops.

Canadian researchers discovered a new way to generate electricity. The physical basis for the discovery of the "electrokinetic effect," at the University of Alberta's engineering department, is simplicity itself. Water is squeezed through tiny holes in a non-metallic solid such as glass. As the water passes through, it interacts with the surface of the sieve and creates a thin layer of positively and negatively charged electrons. These differently charged particles eventually cluster in opposite ends of the sieve and, in so doing, create an electrical engineer's idea of nirvana.

A few years ago, the Hollywood blockbuster Gladiator had audiences squirming in their seats as the horrible wounds of the film's Roman gladiator protagonist, played by Russell Crowe, were treated (successfully, one might add) by the application of live maggots. It might be surprising to hear, then, that maggot therapy is enjoying a revival as a modern medical technique - with apparently promising results. Today doctors use medicinal maggots to clean wounds by eating the dead tissue while at the same time disinfecting by killing bacteria. These actions stimulate proper healing. "I call them micro-surgeons," said Edgar Maeyens, Jr., a doctor in Coos Bay, Oregon, who employs maggot treatment. "They can do what we can't do with scalpels and lasers."

So what's in store for 2004?

Financial Focus – January 2004 – by Dee Dee Gray (Diova)

Time for New Year's (Financial) Resolutions

Now that it's 2004, it's time to make some New Year's resolutions. What are yours? Lose weight? Volunteer more? Quit smoking? Spend more time with your family?

All these are worthwhile goals. But, while you're in the resolution-making frame of mind, don't forget your financial resolutions. Here are some to think about:

Cut Your Debt Load – If you feel overburdened by debt, you're not alone. At the beginning of 2003, American households owed, on average, nearly $9,000 on all credit cards. According to Cardweb.com, a Web site that provides credit card information to consumers. This figure is up 173 percent over the past decade. You'll find it very hard to achieve your financial goals if you're overburdened by debt. Set a realistic goal for whittling down the amount you owe. And avoid taking on unnecessary new debts through more credit card purchases. Increase Your Retirement Savings – Put in as much as you can afford to your IRA and your 401(k) or other employer-sponsored retirement plan. These tax-advantaged accounts are great ways to help boost your retirement savings.

Put Bonuses and Salary Increases to Work – Consider investing your bonuses and salary increases. If you don't really need the additional money to meet your basic needs, you can put it to work helping you build your investment portfolio. Avoid Tapping into Your Investments – Try to build an "emergency" cash cushion of about three to six months' worth of living expenses. Once you've established this fund, you won't need to tap into your investments to pay for major car repairs, new appliances or any other unexpected costs. And by letting your investments have the opportunity to grow as long as possible, you can accelerate your progress toward your long-term goals.

Diversify Your Portfolio – By spreading out your dollars over a wide range of assets – stocks or mutual funds, bonds, government securities, etc. – you can help cushion the impact of downturn that may affect just one particular area. And by owning many different investments, you give yourself a better chance to succeed.

Keep Emotions Out of Investing – There's plenty of evidence that fear and greed drive the market. Don't be ruled by your emotions. If a stock is falling, you don't have to join the selling stampede – especially if the company has good prospects. Conversely, don't chase after "hot stocks" – they may already be cooling off by the time you buy. Protect Your Family – Go over your insurance coverage to ensure it is sufficient to help your family meet their needs should something happen to you. Check Your Beneficiary Designations – If you've gone through any significant changes in your life you'll want to make absolutely sure your beneficiary designations on all your financial documents are up to date and correct.

Boost College Savings – If you have a child it's never too soon to start saving for college. Consider opening a 529 plan or a Coverdell Education Savings Account.

Rebalance as Needed – As your needs, goals and personal situation evolve over time, you'll want to adjust your portfolio. Your investment professional can help you make the appropriate changes.

By following through on these resolutions, you can make great strides toward improving your financial situation in 2004 – and in all the years to follow.

SACWN's Advertising Rate
Business ads are just $60 per year!

Don't miss out on the best deal in town!
Call 916-483-8730 and let us advertise your business to our membership.

The Center for Spiritual Awareness

1020 West Capitol Ave.
West Capitol Ave., West Sac.
Sundays 10 AM
Wednesday Meditation 7 PM
Jr. Church for kids - all ages - Sunday at 10
(916) 374-9177
Home of the new Thought Gospel Choir

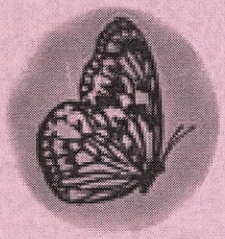
Killick
Financial Services
Tax Preparation--Consulting
Bookkeeping--Payroll

Linda E. Killick
(916) 486-8985

2321 Lloyd Lane, Sacramento

Law Offices of
Rosemary Metrailer
Mediation • Arbitration • Business Law

Rosemary Metrailer, *Attorney at Law*
PO Box 215, Nevada City, CA 95959
email: rmetrailer@metrailer.com
Sacramento: (916) 447-7258 | Nevada City: (530) 265-3062
Facsimile: (530) 265-0601



Couples, Families, Individuals
Ellie Zacks, Ph.D.
Clinical Psychologist
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(916) 863-1790
By Appointment
9700 Fair Oaks Blvd., Suite D, Fair Oaks, CA 95628

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Investment Representative
825 East Street, Suite 105
P.O. Box 375
Woodland, CA 95776
Bus 530-406-0247 Fax 877-850-9559
www.edwardjones.com
California Insurance License 0C24309
Serving Individual Investors Since 1871

Jackson & Walker
Realtors
Eileen Jackson
Mary A Walker, GRI, ePro
8300 Fair Oaks Blvd
Suite 100
Carmichael, CA 95608
Phone: 916 944 7800
Fax: 916 914 2089
E-mail: jackswalk@msn.com
Website:jackswalk.com

Subscription/Membership Application

Name(s) _____

_____

Address: _____

_____

City: _____ State: ____ Zip: _____

Email: _____

Phone: _____

New	**Renewing**
Categories	***Rates***
Regular	$24.00
Sustaining	$48.00
Limited Income	$12.00

Rates are per household, per year. You will receive a renewal notice when your subscription is running out.

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Planners
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SIG Leaders

Comments, Suggestions, Viewpoints

_____

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Want to contact us but don't want to write? SACWN has voice mail and E-mail! Call us at (916) 451-8034 and leave a message. We will respond as soon as possible. OR you can send E-mail to:
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